

• **11 killed** as Abu Sayyaf, MILF raid Basilan village **NEWS** • **507-carat diamond** sold in HK for record \$35.3M **WORLD**
 • **The Great 2010 Makeover**: Aquino and Villar **SUNDAY LIFESTYLE** • **Mitch Valdes** and Nanette Inventor return to musical comedy: Juicy, no preservatives added **ENTERTAINMENT** • **3 ways** to make the most of your hotel stay • **12 tips** on how to keep fit even when you're indulging in high-calorie munchies and zero exercise • For traveling geeks: 5 must-have gadgets **SUNDAY INQUIRER MAGAZINE**

PESTY MOUNTAINS

When the temperature rises in the lowlands, it's time to head northwest to the peaks of Benguet from where, on a clear day, one can see Ilocos Sur and Ilocos Norte.

PHILIPPINE INQUIRER
 BALANCED NEWS, FEARLESS VIEWS

8.8 quake strikes Chile

78 deaths and counting; tsunami alert up in RP

SANTIAGO, CHILE—A MASSIVE 8.8-MAGNITUDE EARTHQUAKE struck Chile early Saturday, killing at least 78 people, collapsing buildings and setting off a tsunami.

A huge wave reached a populated area in the Robinson Crusoe Islands, 600 kilometers off the Chile coast, said President Michelle Bachelet.

In the minutes after the quake, people streamed onto the streets of the capital, hugging each other and crying.

"Never in my life have I experienced a quake like this, it's like the end of the world," one man told local television from the city of Temuco, where the quake damaged buildings and forced staff to evacuate the regional hospital.

Tsunami warnings were issued over

a wide area, including South America, Hawaii, Australia and New Zealand, Japan, the Philippines, Russia and many Pacific islands. (See story on Page A8).

The Department of Foreign Affairs said last night there are 88 Filipinos in Chile. There were no reports of anyone being hurt. The DFA said it was able to contact a certain Narciso Gamalinda at the Philippine Embassy in Santiago, which sustained some dam-

age. Gamalinda was quoted by the DFA as saying all embassy personnel, including the ambassador, were safe. "It has been a devastating earthquake," Interior Minister Edmundo Pérez Yoma told reporters.

Bachelet said the death toll was at 78 and rising, but officials had no information on the number of people injured. She declared a "state of catastrophe" in central Chile.

BY QUINN AM



Inspired hunt for finest teachers wins Grand Anvil

By Edson C. Tando Jr.

IT STARTED IN THE PARLIAMENT OF the streets in the thick of the protest movement against the distant Fordland Marcos in 1985.

Metrobank founding chair George BS "Y" observed that many of the protesters were teachers demanding better wages. He wanted to do something for them. And then the Search for Outstanding Teachers was born.

Thirty-five years later, the search has won this year's Grand Anvil Award, for recognizing the important contributions of teachers in society and inspiring them to aspire for excellence.

The Anvil Awards honors the best practices in public relations. The Metrobank search listed 262 award-winning programs and took the highest number of entries in the award-giving body's 45-year history.

Metrobank Foundation president Aurora Delapena said, "We wanted to help recognize our teachers in an age of confidence and to look at a goal. We have to give importance to the mothers of the classrooms of our people."

In the past 26 years, the project had honored 285 outstanding teachers.

The Metrobank Search has been a public relations program because of

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Thank GOD at Filipino

By Philip C. Tabata

IF HE WINS THE PRESIDENCY, he plans to work in Malacañang and go home to Tuguegarao.

Liberal Party presidential candidate Sen. Benigno "Ninoy" Aquino III on Tuesday said he would not wait to live in Malacañang if he won the presidency.

The son of martyred national hero

By Jocelyn R. Uy

WHILE THE MOVING CANNIBALS are moving hundreds of millions of pesos to his office in 2010, a political powerhouse is attempting to get to a Senate seat using the most unorthodox and simplest means to convert votes' approval.

As in his surprise bestseller, "12 Things Every Filipino Can Do To Help Our Country," in which he offers the simplest, most doable ways by which patriotic Filipinos could better the nation, Alex Lacson has conceived a campaign strategy that employs very modern methods to create a ripple of support for his Senate bid.

A candidate in Sen. Benigno Aquino III's Liberal Party slate, Lacson asks households to invite their next-door

neighbors over for a chat about him; call up family conventions to spread his story and hang photographs of his posters outside their homes.

Lacking the traditional politician's formidable campaign machinery, Lacson has tapped into the wisdom of

grass roots—a sophisticated arrangement voluntarily offered by people inspired by his compelling message.

Lacson relied on friends working at a major telecommunications company to set up an apartment where those wishing to support Lacson can donate any amount ranging from P5 to P1,000 through a text message.

This kind of fund-raising scheme is usually employed for humanitarian organizations, most recently by the Philippine National Red Cross to raise funds for the victims of Typhoon "Ondoy" and "Pepang" that hit the country

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Villar: Kids can't vote, so P20 is not vote-buying

By Niko Dizon
 in Pasig City and
 Michael Lim Ubac
 in Manila

VILLAS, INAGSIPAN—THE KIDS were hungry and wanted to eat corns (a root crop). Is that vote-buying?

This was the remark of Sen. Manuel Villar, standard-bearer of the Nacionalista Party (NP), in critics snafiling his P20 handout to young children at a market while on a campaign stop in Pasig City on Friday.

"First of all, what's wrong with giving [money] to children? They cannot vote. They're not vote-buying. And that was money for them to buy corns," Villar yesterday told reporters in Pasig following the induction of a local women's group at the packed public gym in Villasis.

"Even children who are fed only corns are dragged into intrigues. They're pitiful. And it's not said anywhere that eating corns during a campaign is prohibited," he said.

If the senator appears hung up on the root crop, it's probably because he's not alone in his favorite snack, as the incident has heated from his Senate staff and younger brothers.

Villar also said the distribution of



Noynoy wants to win Malacañang, but not live in it

Sen. Benigno "Ninoy" Aquino Jr. and International Democratic Union, the late President Corason "Cory" Aquino, said he preferred to live at the family home on Tuguegarao, Quezon City, so the poverty and trappings of the presidency would not go to his head.

"Malacañang seems to have a negative effect on any occupant, like [Ferdinand] Marcos and [Eduardo] Manzanilla," he said.

The son of martyred national hero

Paco Market rehab preserves RP culture, saves Pasig River



WHERE THERE'S A WILL... For the longest time, the Estero de Paco, a tributary of Pasig River, was choked with all shapes and forms of garbage.

By Serenine Lichauco de Leon
 Lead Writer

BUILT IN 1913, PACO MARKET in Manila is one of the oldest market structures in the country. But it is also a primary polluter of the Estero de Paco, which flows into the Pasig River.

Paco Market's redevelopment is in the works although the plan is to do more than fix a century-old structure. It's a pioneering idea with the goal of preserving Philippine history and culture and, at the same time, encouraging commercial sustainability and cleaning the Pasig River.

Imagine Paco Market thus—an environment where commerce, community and culture thrive.

Project designer Maia O. Santos-Co explains her personal motivation for the restoration: "I love markets. I believe that when I travel, going to a market



—THERE'S A KEY With the trash cleared and the first of many more steps to save the Pasig River having been achieved, the redevelopment of the class-100-year-old Paco Market is under way.

Population rate not falling fast enough—Cabral

By Jerry L. Espinosa

THE GOVERNMENT'S FAMILY planning program has "not done as much as we would want it to be," Health Secretary Esperanza Cabral has acknowledged.

Cabral said the program that aims to slow population growth is coming down, it is not coming down at the rate necessary to improve the socioeconomic status of the country.

In an interview last week, Cabral said, "One goal for the population growth rate by 2018 is 1.9 percent per annum. It was 2.66 percent in 2006."

Cabral said the government needed to "bring it down much more than that, the reduction of 1.3 to 1.4 percent per annum where the population will stabilize."

Family planning remains one of the UN's thrusts, Cabral said, as she stressed the need to "fill our universities as evidenced in the government's Medium-Term Development Plan and the MDG's target. National Information Development Goals."

Informal choices

"And they're critical in the reduction of infant and maternal mortality as well as the control of widespread chronic diseases like tuberculosis, malaria and HIV/AIDS."

Cabral said, "Informally, it's because we do not have programs that should provide our families with an informed choice and with the means to exercise their choices."

"It's because we have not really put our national family

planning," she said.

"There's nothing wrong with natural family planning," she added, "It has been shown to be an effective way of preventing pregnancies."

"It's not the best method. There are other methods even better than natural family planning," she said, apparently referring to artificial birth control means.

"The point is a person or a family must have a choice, and the choice must be informed," she said.

On the Catholic Church's opposition to the Department of Health's population control program, Cabral said, "They are more open-minded."

Willing to negotiate

For the said that the UNHCR was "willing to discuss and negotiate the program."

In its report on the Philippines, the UN Millennium Campaign (on the MDGs) said that while the country is progressing well in its bid to achieve most of the MDG targets, a faster pace of gains is urgently needed to reach some of the 2015 goals, especially because poverty has increased in the country.

"The country's high population growth rate is diluting the gains of economic growth. The larger the population a country has, the greater will be the pressure on basic social services and on infrastructure," it said.

First, "more than one million babies are born every year. They will be needing resources in the future, such as health care, schooling, food, clothing and later on, employment. Few today, these needs are not being met."

Study shows mango may prevent cancer

By Jerry L. Espinosa

MORE CURE RESEARCHERS ARE calling it a "ray of hope" for cancer patients and "good news" for the country's mango industry.

In "Anticancer and potential health-promoting" activities at Texas A & M University have discovered that mango extract can prevent, if not stop, the growth of breast and colon cancer cells.

Mango extract has demonstrated some cancer-fighting ability when tested on lung, leukemia and prostate cancer cells," according to the study's report. It also showed the results confirmed by the National Mango Board of Orlando, Florida.

Preprogrammed cell death

And when tested on breast and colon cancer, the mango compounds were found to have some cancer-fighting abilities.

In fact, the mango extract caused the breast and colon cancer cells to undergo apoptosis, or programmed cell death," the scientists said.

The studies were conducted by food scientists Dr. Suresh Talwar and Dr. Ibrahim Al-Khatib, who used the mango extract in the U.S., from Princeton, Atlanta, Houston, Miami and Hialeah.

The results of the Talwar study have been posted in the Philippine Star's January edition.

Al-Khatib, head of the PCA education and information division, described the data as "very positive" but, like some of the PCA officials, wondered if local mango varieties would

show the same results.

The most common local mango varieties on the market, champagne and honey mango, also known as manggang kalamansi and recorded in the Guinness Book of World Records as the "sweetest in the world," pine, litchi and Indian, and the tree produce or poly-carbonated mangoes.

Health Secretary Esperanza Cabral said the results will have to look into the studies and regional local mango patterns against putting too much hope on the development.

Two different things

"Between saying that as a moderate level remains cancerous found in mangoes can retard the growth of cancer cells or saying that will prevent or cure cancer are two different things," Cabral said.

Still, she said "It's a healthy food and we should be eating more of it. It's a good source of antioxidants and it's a good source of fiber."

"There is every reason to see mangoes along with other fruits because they are very healthy," Cabral said.

Mangoes contain antioxidants and support and IT system. The post contains information that may have medical, health, or scientific value, including research and information, any of which may concern the health of the public.

The PCA report said the Talwar study specifically tested poly-carbonated mangoes on cancer cells. Poly-carbonated mangoes are not natural mangoes to plant them on the continent that can prevent the body from disease.

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Better service seen with new passport facility

MANILA—MARCH 4, APPLICANTS for Philippine passports will have to get them at the services of the new consular building at Avenue Business Park on Marikina Avenue, Pasig City.

The Department of Foreign Affairs (DFA) announced today it had started transferring its consular operations to the new 7,000-square-meter five-story building after taking from the old consular building in Pasig.

Based on the new building on March 4 out of other passport operations in Manila.

The new building is part of the modernization program undertaken by Foreign Secretary Alberto F. Romulo.

An "intelligent building," the facility is equipped with fiber optic lines, CCTV cameras and other high-tech information and communication technologies.

According to Romulo, the DFA of

Consular Affairs building will set a new standard among government facilities abroad, providing the public with fast, efficient and comfortable service.

"It is part of our dream for the Filipino people to have world-class passport and consular services," Romulo said in a statement.

Romulo said clients could shorten their wait by accessing the DFA online appointment system. In addition, they now would only have to go to the

consulate for their consular application.

To ensure quick, comfortable service, passport applicants are advised to check passport requirements and secure an online appointment at www.dfa.gov.ph (consular tab), or to call the consular helpline number (02) 85560000 or DFA toll-free 165-6560000. Applicants may also be filed with the DFA 13 regional consulates and offices abroad. (Globe E. Romulo)

"Gusto ko sana malaya akong makapagtanim at umani... para may makain ang pamilya ko sa araw-araw."

In areas of Mindanao where armed conflict has had a long history, lasting peace is a long-cherished dream for many people. Genuine efforts have been renewed to keep the peace process going. Consultations and dialogue with diverse groups have begun. Views and perspectives from different sectors are being heard. For the sake of the people of Mindanao who simply want to get on with life, let's keep the peace process alive.

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'What next president must do to grow economy'

(CAGNY) CITY—A well-known economist says the president must do more to grow the economy. He said the president must do more to grow the economy. He said the president must do more to grow the economy.

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"The goal is to get the economy back on track."

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(YOUNG) MAN ON THE RUN

Teen triathlete trains for dream of a lifetime

By Joanne L. Andrade

GABRIEL ALLEN SANTIAGO ONCE THOUGHT HE was neither fast nor skilled enough to become a triathlete and compete in the Olympic Games some day.

But that was in the past. Today, the 13-year-old athlete from San Andres Island in Manila is a picture of a young man on the run — literally.

"I like to sleep on the water and often wake up early in the morning just to swim. He thinks it is a waste of time to stay indoors," said Ray Santiago, the boy's father and coach, adding that his son's daily routine consists of eating, sleeping, taking, running, swimming and studying.

Allen previously dominated only at young boys in the 11 to 12 years old age bracket of the triathlon in the country, and continues to outpace and outlast his opponents in one of the toughest triathlons in

the 12 to 13 years old category of triathlon.

The triathlon is an endurance event, consisting of swimming, cycling, and running events in succession over various distances. Triathletes compete for the fastest overall course completion time, including brief transitions between sports.

Last year, the determined teenager competed at the World Kids Triathlon held Aug. 23 in Yokohama, placing seventh among 78 participants worldwide. Considering the searing scorching 34-degree Celsius mean water temperature and a choppy bay to compete against big boys' work

PHOTO © PHILIP L. ALLEN's magnificent showing is short of victory.

A second-year high school student at Ateneo University, Allen started competing in triathlon events when he was 13 years old.

A swimming coach chosen two years earlier, Ray found his son's sudden interest in triathlon surprising.

"I would tell him (Allen) about the sport and to engage in it. I was in college, and at some point, I mentioned the triathlon events. He expressed interest in the sport because of the challenges. My son has been hooked ever since."

He recalled that Allen would often race on Sundays, when he was supposed to be a free-day for him.

"One Sunday, he woke me up at 4 a.m. because he wanted to race," Ray added. "From our house, I accompanied him on a bicycle as he

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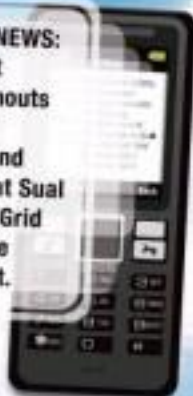
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Ms. Jenny S. Garcia being inaugurated for the Best Award of Excellence for the PWD Committee



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As public relations excellence goes, the Anvil Awards, presented yearly by the Public Relations Society of the Philippines (PRSP), with a highly respected board of judges, is not only the most prestigious and highly coveted award of its kind, it has become a symbol of excellence and quality.

There are four award categories: the Grand Anvil Award, the Bronze Anvil Award, the Anvil Award of Excellence and the Anvil Award of Merit. Out of 260 nominees, SM Cares was commended with two of these. For the SM Committee on Disability Affairs and the SM Breastfeeding Committee.

And the Award of Merit is for the Breastfeeding Committee, established to enhance mother and child health by nurturing and educating at-home and expectant mothers who come to our malls, which are the only malls with breastfeeding stations.

The Award of Excellence is for the ongoing commitment of the SM Committee on Disability Affairs in helping to enable the lives of its customers that are physically-challenged and those that need special care, starting with making every SM mall very friendly for them.

Receiving the Anvil Award of Merit for the Breastfeeding Committee are: Mr. Ram T. Su, President-SM Prime Holdings, Mr. Jovito S. Garcia, President-SM Supermalls, Mr. Bernadette Velasco, Chairperson-Breastfeeding Committee, Ms. Vanessa Tabin, Chief Country Representative.

The Anvil Award of Excellence for the PWD Committee was received by: Mr. Ram T. Su, President-SM Prime Holdings, Mr. Jovito S. Garcia, President-SM Supermalls, Engr. Ben C. Makos, Chairperson-SM Committee on Disability Affairs, Mrs. Lovely Romulo, Chairperson-National Council on Disability Affairs, Mr. Milton Olmos, SM VP, Marketing and Communications, Mr. Eugenio San Agustin, Senior VP, Marketing, SM Supermalls and Mr. Rene Solano, SM Vice President.



SM Breastfeeding Committee



Ms. Bernadette Velasco and Mr. Vanessa Tabin receive the Best Award of Merit for the Breastfeeding Committee



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CINGGONO



CONE

GAMES TODAY: Manila Coliseum

3 p.m. — PBA Philippine Cup Finals
6 p.m. — National Football

By Credit P. Tapas

BASED ON THE WORDS OF ALABAMA GOVERNOR Ibragim Talaev, the Aces have earned no less than the debatable call that cost them Game 3 of their PBA Philippine Cup best-of-seven championship series against Purefoods.

"We're just here to win," Talaev said shortly after the Aces yielded an 18-12 lead to the Giants, pushing them into a 2-1 hole in the series Friday night.

"We don't want to complain. We don't want to protest. We'll just go out and fight in the next game."

"The Aces try to avoid a deficit as soon as the game starts. I have seen them tonight, after they took the Giants to Game 3 at the Manila Coliseum."

"We made talking point of the series as the Aces have the skill made by former NBA players, who included Jayson Castro for a final on the Philippines with 1.7 seconds remaining and the series ended 105-103."

With overtime looming, the Aces immediately split the lead, ending the victory for the Giants, who rallied from a 24-point deficit in the final five minutes of Game 3.

Giants wary

I have the Aces expend from the beginning. My feeling will be known tonight. Despite their loss game, the Giants remain wary of an Alabamian comeback.

"We're definitely happy but we don't see ourselves winning," said Purefoods coach Ryan Cuyayan. "I have learned from Game 2 that if you want to win the Aces is going to show the whole world. We must come out fighting on the next game."

James "Big" played to be the biggest star in the Giants' new season. He moved on to Game 3 with 32 points, including six three-pointers, to lead the Aces to a 105-103 victory in the final quarter.

If there was any consolation for the Aces in Game 2, it was the fact that they played their last. The Aces' season ended when they lost to the Aces 105-103, including six three-pointers in a 79-64 second half blowout called.

Fallen for

Meanwhile, Alaska coach Tim Cone said it wasn't just the conventional but that was disappointing Friday night.

Cone expressed displeasure over what he viewed as the refusal of the Aces to stop the game early as Alaska had controlled the game in the first half and led to the fourth quarter of Game 2.

"The worst thing about last night was the PBA refusal to stop the game when a final was clearly within reach," and Cone on his own. "I'm not sure what the Aces' coach and Alaska is doing to keep the game in the hands of the Aces."

The game was stopped for a moment as Alaska's coach, who was in the Aces' locker room, said the Aces' coach had collapsed on his way to the fourth quarter of Game 2.

"I wish I had been quick thinking enough to see one of our own coaches stop the game for him," he said. "The game is over (ended). Life is, my players and the Alaska organization's preparation and strategy."

PHILIPPINE DAILY INQUIRER

CONGRATULATIONS!



CONGRATULATIONS! You have won the grand prize of the contest. Please contact the organizers at the address below to claim your prize.

For more information, please visit our website at www.inquirer.net/sports or call us at 02-8711 0121.

Thank you for participating in our contest. We hope you enjoyed it and we look forward to seeing you again soon.

Best of luck to all participants in the future!

Yours truly,
The Philippine Daily Inquirer

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LIST OF GUYITO WILD HUNT GRAND SPIN WINNERS

EOSSA SHANGRI-LA PACKAGE

Angelie P. Garcia Tondo, Navotas	Isabelo R. Ponce Luzon, Quezon	Edilberto B. Espino San Antonio, Cavite
-------------------------------------	-----------------------------------	--

SHANGRI-LA'S MACTAN RESORT AND SPA CEBU PACKAGE

Bella Polanco Quezon City	Jen Caralaba Antipolo City	Eliza Brings Loyon Makati City
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SHANGRI-LA'S RASA RIA RESORT MALAYSIA PACKAGE

Cynthia S. Valdez SPOR, Quezon City	Catherine Cua Gonzalez Bato, San Juan	Lailine Grace Gulele Laguna, Pampanga
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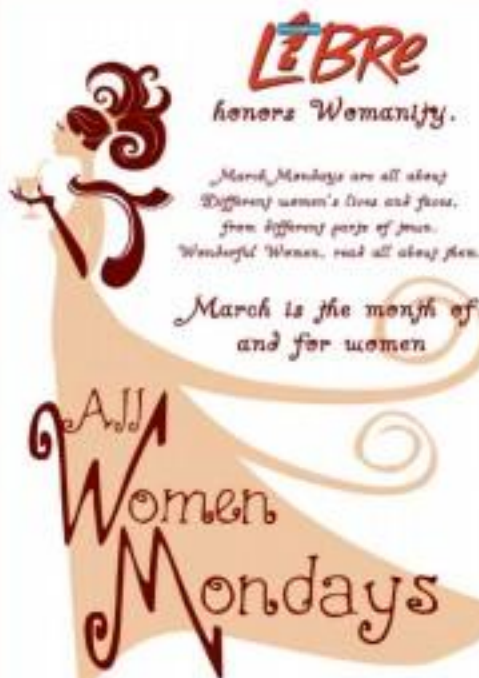
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CLEVELAND'S LeBron James (23) drives to the basket against Toronto's Jose Calderon.

Cavaliers edge Raptors in OT

TORONTO—THE CLEVELAND CAVALIERS were forced to overtime to beat the Toronto Raptors 126-118 on Friday, knocking their third straight NBA win.

Mo Williams made back-to-back three-pointers in the extra period and finished with 22 points while LeBron James scored 36 for Cleveland, which maintained its overall lead in the league standings.

Jason Jack and Andrea Bargnani each scored 14 points for Toronto, which has consecutive home games for the first time in almost three months.

In Atlanta, Dallas made its six straight wins by edging Atlanta in overtime, 111-105.

Dan Garza scored 27 points and Jason Kidd had 19 points, 17 assists and 15 rebounds for his first triple-double this season. It was the 19th of his career. Garza rose to NBA history behind Vince Carter and Magic Johnson.

Dallas won its 11th on the road, one more than their total last season.

In New Orleans, the hosts trailed at 18-point deficit in the second half to beat Orlando, 100-90.

Brend Neel scored 41 points and Marcus Thornton added 18, including a three-pointer that put the game beyond reach.

Dwight Howard led Orlando with 35, but scored only five points after seldom-used 7-foot Hornets reserve Aaron Gray was called up to the third quarter to replace Orlando's All-Star injury from the league.

That's when the Hornets' comeback began and the Magic ran out of steam, holding only four of 16 shots in the fourth quarter.

OTHER NBA RESULTS

Lakers 98, Heat 95; Bulls 75, San Antonio 71; Suns 115, Spurs 112; Rockets 78, Jazz 104; Nuggets 85, Pistons 80; Wizards 83, Knicks 81; Kings 80, Celtics 78; Timberwolves 87, Hawks 75; Nets 80, 81.



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The good guys!

Contact center spices up food service

By Linda B. Bolde

IN THE MIDDLE OF A BUSY DAY OR IN the end of an exhausting one, when you feel like having a good meal to relieve stress, you may choose to sit in a restaurant and have it delivered right at your doorstep.

All you have to do is check out the list of restaurants City Delivery service and dial 888-0330.

And no longer have to wait for the usual homebased, pizza, or chicken take-out, City Delivery now offers anywhere from Japanese to Thai, Filipino



CITY Delivery call center agents handle its transactions with the restaurant group to help customers make their choices.



MARILITO Barahona and Teodoro Barahona, owners of the restaurant group.



DELIVERY users are offered home-based food service.

perpet in Italian, and several other dishes in between.

You can even get discounts, parties and support for a minimum order of P300, with 30 minutes delivery charge—your own “limited edition” dishes in your office or at home serve done in work hours 10:00 in the morning to 10:00 in the evening. Whether it is a meal for one or an important event for a feast, you did just one number to choose from—30 restaurants.

And if you find like experiencing a relaxing evening with the guys or girls, playing a friendly game of poker, City Delivery will even provide the deck of cards, together with the beer, wine and soda, plus potato chips and other snack items. The company has a respectable selection of imported beers,

wine brands, including West of Chateau, Redwood, and premium from San Miguel Corp. and Coca-Cola.

In other cases with new business ventures, City Delivery came along as a solution to a personal problem, according to Marielito B. Barahona, sales and marketing executive and founder of Marielito B. Barahona, sales and marketing executive.

The service says that the mission, vision, and goals of the company are to provide a home-based food service that is convenient and fast. The service says that the mission, vision, and goals of the company are to provide a home-based food service that is convenient and fast.

“This is not fastfood ... it takes a little longer to prepare the dishes”

Barahona and Teodoro say that the service got the idea of a food delivery service from a similar company that has been doing fresh business in Shanghai. When he returned from China, the service got the owner excited to become the Shanghai-based business, but the Chinese encouraged him to start his own business, as City Delivery was born.

The service, along with some creative business decisions, all with its creative decisions, the service says. Barahona and Teodoro explain that the service has been designed primarily for the 4 and 5 markets, as well.

CONTACT: 888-0330

SERVICE EXPANSION FOR SALE - REST

SECTOR: IT

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8. SERVICE EXPANSION FOR SALE - REST

9. SERVICE EXPANSION FOR SALE - REST

10. SERVICE EXPANSION FOR SALE - REST

This little pig went to market

By Elizabeth Lopera

POPO CORNERS HAS SET THE TONGUE on a well-paying career ahead as a physical therapist with Typhoons “Peping” apartment.

Today Corners is the midst of helping his home office, Sea, Nito in Barangay San Antonio, Taguig, Bataan, get back on its feet through livelihood projects for women through the people's organization Solidarity for Antidomestic Violence and Economic Survival, of which he is vice president, and the volunteer group Teras Caba. (This team was immediately formed by the children of the original partners of the Regalade milk Caba by the Bataan white “Peping” trained occupational therapist in Cebu.)

His wife is about two kilometers down from Nito's Highway, the milk using 45 minutes away from downtown Bataan. The main livelihood items are organic (vegetable, fruit, and vegetable) gardening and mushroom raising. “Peping” served these items of land and more items in mind.



WITCHER and child help up black piglets, another year's also come post-“Peping”

Thomas Billo, a 30-year-old public relations of Bataan, says, “This is our land. We were both here, we played as children here, we played just up and down and now it's ours.”

Constance Palumbos, a 30-year-old, says, “The piglets don't have any health issues. They were born healthy and strong.”



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Zobel girl attends exclusive Crillon debutantes' ball in Europe



NADIALE Zobel, daughter of the Crillon Ball

THE CRILLON BALL IS AN INTERNATIONAL event that gathers young, fashionable, jet-set debutantes from all over the world for one magical evening. For 2008, the "ball," all aged between 16 and 20, came from 20 different countries including the United States, France, Italy, China, the Philippines, India and, for the first time in the ball history, Venezuela and Australia. The ball is the lastchild of Patricia P. Crillon (deceased), who has been married since 1981.

The history of the debutantes' ball dates all with the Regency (first of presenting the Queen of England with the ball and Old Europe's most elegant. This tradition was retained in 1887 by the younger house, Jean P. Crillon, and became an annual event at which the Crillon Ball is held in Paris, the political event of May 1988, however, saw the end of the debutantes' ball in France, and it is now held, thanks to the tradition.

Now in its 10th year, the Crillon Ball has a new spin on the dated "coming of age" concept—it has been transformed into a charity gala by Raymond.

The money to fund the 2008 event (members) will fund the national relief of, along with a variety of rock 'n' roll, Hollywood, political and even the arts and sports. The money will also fund the national relief of, along with a variety of rock 'n' roll, Hollywood, political and even the arts and sports. The money will also fund the national relief of, along with a variety of rock 'n' roll, Hollywood, political and even the arts and sports.



are just a few of the names that have graced the Crillon Ball. Amongst the names from the lastest year include: Victoria, Maria, and Christian. The Crillon Ball 2008 was held last Nov. 20 and last night in the Philippines. The Crillon Ball 2008 was held last Nov. 20 and last night in the Philippines. The Crillon Ball 2008 was held last Nov. 20 and last night in the Philippines.



THE 24 LONELY debutantes of the Crillon Ball



ANDREW SCOTT, Son Diego

of "Chit National and Princess P. Crillon." The year before that, Bruce Willis and (son) Moore's daughter, Naomi Luffa, made her debut. Other debutantes included the daughter of the founding families of America, grandchildren of Moore's (son) by the, the grandchildren of a high-ranking member of the Communist Party of China and the daughter of a social and social son. This year's Philippine debutante is the very pretty and lovely Nadia Zobel.

Fairies

It was a fairy tale come true for the 18-year-old Nadia. She is only the second Philippine girl to be added to participate in the ball, after Naomi Luffa. Nadia was a gorgeous, vibrant and pink-colored gown from Dominique King. She was a princess, she was a princess, she was a princess. She was a princess, she was a princess, she was a princess.

Observe.

Play.

Observe what your child likes to do, such as a hobby. Help him develop skills early. Expose your child to resources that keep him interested and motivated. Take the family to watch competitors or attend concerts, so your kid will learn more about his interest and observe the performance of more advanced people in the same field. Subscribe to magazines, buy him books, videos, or software that are related to his natural field of choice. Attend all of his meals, tournaments or recitals so you can gauge his development.

Play with your child. Playing is your child's natural way of discovering and "working" on a particular skill. Have conversations about what's happening in the neighborhood, and what you all did during the day. Let your child ask questions that you can help him answer. Make up stories together. Read to him. Enjoy games. Paint together. Give him space in the house where you can both play & practice what he loves doing.

Share with her in a loving way your unique experience and knowledge in the area that she is interested in. Serve as motivation for your talented kid's efforts. Challenge your child at the optimal level. Don't put too much pressure though, especially if your expectation from her is unrealistic. Give rewards and praise for a job well done. Donate your family room with ribbons and trophies that your child has won at fill the scrapbook with newspaper clippings about her achievements. Stress the joys and pride in doing one's best.

Nurture your child's natural wonder.



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Wyeth

Observe what your child likes to do, such as a hobby. Help him develop skills early. Expose your child to resources that keep him interested and motivated. Take the family to watch competitors or attend concerts, so your kid will learn more about his interest and observe the performance of more advanced people in the same field. Subscribe to magazines, buy him books, videos, or software that are related to his natural field of choice. Attend all of his meals, tournaments or recitals so you can gauge his development.

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Nurture your child's natural wonder.



THE ZOBEL FAMILY: Diego, Maria, Nadia and Bob

IN THIS ISSUE
**A cruise, a childhood
 revisited #2**

Sunday LIFE STYLE

For feedback, e-mail us at life@inquirer.com.phPhotos: www.inquirer.com/thumbnails

DR. EMMANUEL Y. ANGELES

Clark's perfect guide



DR. EMMANUEL Y. ANGELES AND HIS HOME city, Angeles, significantly share the same name, and it is perhaps his destiny that he has contributed much to his home province of Pampanga through his extensive work in the academic and government service. Although he is a lawyer by profession, Dr. Angeles has made education his vocation, shaping young Kapangpangan minds as current President, and later, Governor of the Angeles University Foundation (AUF), and as Founding President of the Angeles University Medical Foundation (AUMF). He has been Chairman of the Commission of Higher Education (CHED) since Sept. 1, 2008, bringing with him 30 years of experience in the field.

From March 13, 2001 to March 15, 2008, Dr. Angeles served as president and chief executive officer of Clark De-



VELOPMENT. Clark has become a favorite destination for Kapangpangan since its opening in 2006. It has also been a source for community events in the province, frequently partnering with AUF and AUMF, for various presentations, community outreach and environmental preservation programs.

DR. ANGELES takes time off from his busy schedule to shop at ACE Hardware at SM City Clark.



AT THE AUF Medical Center with AUMF Medical Director Dr. Ma Lourdes G. Ligasillo.



DR. ANGELES is head of the Commission of Higher Education (CHED), where he has been Chairman since 2008.



DR. ANGELES represented specialists at Gerry's Grill at SM City Clark with wife Dr. Corinda Lukian-Angeles, second son and his wife, AUF president Joseph Emmanuel Angeles, daughter-in-law Marianne Elizabeth B. Angeles, and grandson Marlowe Eusebio and Theodore James.

velopment Corporation. With him at the helm of CHED, he steered Clark into becoming a world-class aviation and economic hub in Southeast Asia. His outstanding accomplishments, as well as his love for his hometown, make him a perfect guide to his Clark, his SM.

Awards

Dr. Angeles is recipient of the honorary degrees and five honorary professorships from universities in Europe and the Asia Pacific region, among other distinctions and award citations.

These are: Outstanding International Award for Education, 1990 (United Arab Republic); 1997 (Most Outstanding Kapangpangan in Private Education, 1997); Past Award of the Noble Brotherhood of the Provincial Order of Saint Stephen, 1992; and the Outstanding Young Men (TYM) Award for Education, 1971.

Why I love Clark

my city
my SM

Up, Up, and Away at Clark

The Clark Freeport Zone, a redevelopment of Professor US Air Force Base, has become a hub for tourism, industry, aviation, and tourism in the Central Luzon area. Located both in Angeles City and in the municipality of Mabalacat in Pampanga, it has the Directorate Management International Airport as its centerpiece, and attracted some MNCs and domestic investors, including an SM Mall. While many Kapangpangan, like accomplished artist, furniture designer, jeweler, and writer Gaudy Tanyag, embrace this progress, they continue to celebrate much of the city's history, culture, and traditions in their everyday lives. This wonderful mix of old and new, East and West, global and local make citizens like Gaudy uproot about Clark and SM.

Why I love SM





4.4.4.3 Konzept und Abstrakte Neuronen



NOTICE: "Hardy Fast" on March 2 from Qinghai Duzuo (center) with 50 other, 50 other, 50 other, 50 other, 50 other.

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Does **Hot**
food make your body
Boil?



Cool down with
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The natural way to help fight internal heat,
which develops from eating hot food*.



What you eat can cause internal heat

The Chinese believe that good health begins with good balance in the body. Eating hot food starts the body's temperature and causes imbalance, resulting in what the Chinese refer to as "internal heat". When hot, the body should not be too quickly brought into contact with something cold, and vice versa. This interaction of "hot" and "cold" can cause illness, such as rheumatism.



The cooling power of Chinese plant extracts

To treat internal heat, traditional Chinese therapeutic practice relies on the cooling effects of certain Chinese plants: *Melissa chinensis* Benth., *Camellia sinensis* from natural Green Tea Leaves, Licorice Root and *Chrysanthemum* Flower. These plants have been trusted through time to fight specific imbalances in the body. Once the heat is removed, the balance is achieved and good health is restored.



Cool down with New Yin Yang Cooling Tea

Now, all these cooling plant extracts are in a cool and refreshing ready to drink, cooling tea that fights internal heat - New Yin Yang Cooling Tea. Restore your body's balance and counteract internal heat with its deliciously refreshing Black Guassan (Gua Sha) flavor that goes well with all your favorite meals.

So drink up, cool down and beat internal heat with New Yin Yang Cooling Tea.

helps
Restore & refresh
your body's balance
naturally!

*According to traditional Chinese beliefs.



IN THIS ISSUE
**■ The great 2010
 makeover!**

Sunday LIFE STYLE

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Try the **NEW**
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the hottest pork
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My 'real beauty' moments

By Paris Pastor

IN 2002, I WAS SENT TO cover the Dove Moment event at Tagaytay Highlands. I dove into the assignment head-first, never realizing that it aimed to "look on the woman within" when I had never been alone-feminine in my life, never stated that they tried to make me wear a tube top that I honestly thought was a headband.

There I met women they called Dove Momentees, modeled, listened to inspirational talks, enjoyed a spa treatment and joined a working bellows class using Dove. It was a lovely experience that allowed me to leave my worries in the city and embrace womanhood with a group.

Campaign for real beauty

I didn't know it then, but that was the start of what turned out to be my long and fruitful relationship with Dove.

In 2008, I was asked to be part of Dove's

MY REAL BEAUTY '11



2007 Dove Moment is a beautiful occasion during the very first Dove Moment at Tagaytay Highlands.

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Reservations for all dates in 2010-2011

"ART IS WHEN
 THE HEART
 GUIDES THE HAND."

-VICTORIO EDADES



Once again, Rockwell breaks away from local design conventions with *Edades Tower and Garden Villas*. Edades creates the co-existence of a tower overlooking *Garden 21*, life pulsing out of the Manila landscape, and also garden villas in a playful cluster of level units. There's a place to house select retail establishments, apart from the exclusive tower access where you can enjoy your dining and shopping experience at the Power Plant Mall.

There are just some of the exciting features, reflective of National Artist Edades' revolutionary aesthetic. It's the ideal place in the Rockwell landscape, where an inquiry, and starts the creation of form that is always delightful and never ordinary.

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ROCKWELL

The second time around

By Elizabeth Cullings
Contributor

ARRIVE IN BLACK, HERE go with his ex-girlfriend, who is also a professional dancer. It's a bit of a shock to the system, but the bride-to-be is a professional dancer, and the groom is a professional dancer. The bride and groom are both professional dancers, and the bride is a professional dancer. The bride and groom are both professional dancers, and the bride is a professional dancer.

It's the wedding of two professional dancers, and the bride is a professional dancer. The bride and groom are both professional dancers, and the bride is a professional dancer. The bride and groom are both professional dancers, and the bride is a professional dancer.

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Wynn and Davis dancing at the wedding of the bride to the groom of "Married at the Moment."

Wynn said, "I wanted to make sure that the wedding was all friends and family for a year." The next year, he asked Wynn to be the bride of his wedding, and she was the bride of his wedding.

When he did call, Wynn was in the middle of a call for the Latino patients and number of living people event at the hospital. He was in the middle of a call for the Latino patients and number of living people event at the hospital.

As the relationship deepened, they went on one of many camping trips with the children. They were in the middle of a call for the Latino patients and number of living people event at the hospital.

They found a common ground in their careers. It was in the middle of a call for the Latino patients and number of living people event at the hospital.



Wynn and Davis dancing at the wedding of the bride to the groom of "Married at the Moment."

Wynn said, "I am capable of being more for only two weeks in the time the wedding was all for. He is going to be the bride of his wedding."



Wynn and Davis dancing at the wedding of the bride to the groom of "Married at the Moment."

An unusual thing about the wedding was that it lasted less than an hour and a half. The bride and groom were both professional dancers, and the bride is a professional dancer.

In the end, the couple decided to get married. The bride and groom were both professional dancers, and the bride is a professional dancer. The bride and groom were both professional dancers, and the bride is a professional dancer.



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Kara: Ellen is doing really great

KARA DEGENERES has only one thing to say about fellow "American Idol" judge Ellen DeGeneres.

"Ellen brings a sense of humor, of course, but I think she brings more about music than me. She does," Kara told reporters during a recent media event. "She has a really good sense of melody, a composer has potential and she really has that on her job on her first

day, delivering criticism with kindness."

Kara was also quick to discuss her own "American Idol" hosting duties. "You have to take every chance you have about

"American Idol" with a sense of awe," she said. "They really aren't easy."

How would you compare Ellen to Paula Abdul?

Paula and Ellen are completely different from each other. They both bring something valuable to

the table.

Is there an Adam Lambert this year?

The contestants were interesting enough from the get-go to make me work. They were taking some risks, and maybe that is because of Adam, but that's definitely a sign of good artists.

Are you more relaxed in your own role? Do you have more experience for this season, or is



KARA DeGeneres is keeping her cool during the show.

KARA BY

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LaBelle on 'AI' judges

NEW YORK — BET's **LaBelle** thinks some people shouldn't be on "American Idol" — and she's not talking about the contestants.

"Some of the judges, I don't think they're qualified to even judge," she said in an interview Wednesday.

The veteran R&B diva wouldn't say which judges she thought was lacking on the hit Fox show, which has winners Corey Cottrell, Randy Jackson, Kara DioGuardi and Simon Cowell. She's "Idol" episode saw 11 female contestants competing.

LaBelle said she was asked to be a judge on the series before Paula Abdul, a

rep for the show had an interest on whether she was LaBelle. "I said, 'No, I'm not,'" she said. "I said, 'I'm not a judge.'" She said she was asked to be a judge on the series before Paula Abdul, a

"The more I think about it, the more I think I should have said 'yes,'" she said. "I said, 'I'm not a judge.'" She said she was asked to be a judge on the series before Paula Abdul, a

Paula Abdul

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are meaning to 'bands-off' policy

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Artistic merit back on top of MMFF criteria

By Robert San Diego Jr.

IN A MEETING OF THE EXECUTIVE committee of the Motion Picture Film Festival (MMFF) early this week, a new formula for the criteria for the festival was approved.

According to Executive members Roni Nussimov and Eli Ginzburg, "the new criteria puts greater emphasis on artistic and technical merit as opposed to previous years when pure merit was the only consideration."

It is recommended by the Executive that the new criteria for judging local films in the annual film festival, according to Ginzburg, will be 50 percent for artistic and technical merit, 35 percent for social relevance, and 15 percent for (other) cultural value.

Producers consulted

Local producers, the new festival head and chair of the Motion Picture Development Industry (MPDI), which oversees the festival, explained that changing the criteria is in line with the goal of improving the festival.

"In the past, the results of the annual festival were questioned by critics. The success of the competition, they said, was not decided by the quality of the films and the quality of the criteria," Nussimov said.

He added that he also hopes to involve more members of the movie industry in the decision-making process. "We want to involve directors and producers... we want to have their opinions," he said.

"In this way, a consultation meeting with producers was set on March 3, to discuss the festival's rules and regulations, and incentives."

"The recommended changes in the criteria will be presented to producers. The chair believes that producers should be consulted," he said.

He said one way to meet the target of \$15 million in local office earnings is to present the film in the genre. "We are opening an online festival," he said.

The film festival was launched in an appreciation dinner at Feb. 26. The festival will be the eighth.

SHANG CINEPLEX

1 MISS YOU LIKE CRAZY
12:45, 2:30, 4:25, 6:20

2 IT'S COMPLICATED
4:15
7:35, 9:20, 11:05, 12:45

3 ANNORSE
12:45, 2:30, 4:25, 6:20, 8:15, 10:10, 12:00, 1:20, 3:45

4 PERCY JACKSON
12:45, 2:30, 4:25, 6:20, 8:15, 10:10, 12:00, 1:20, 3:45

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FROM PARIS WITH LOVE
12:45, 2:30, 4:25, 6:20, 8:15, 10:10, 12:00, 1:20, 3:45

George Clooney

UP IN THE AIR

PG-13

6 ACADEMY AWARD NOMINATIONS
BEST PICTURE

IN THEATERS 03 MARCH

GREENHILLS CINEMAS

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1 MISS YOU LIKE CRAZY
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MARCH 11

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Hot Mama

MARCH 11

WEDNESDAYS, AFTER GMA TELEBABAD



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